

# Starport Newsletter

May 2014

**STARPORT**  
NASA EXCHANGE - JSC

<http://starport.jsc.nasa.gov/>



## May is Health and Fitness Month at JSC: Get Fit, Complete Challenges, and Win Prizes!

Join us in variety of health & fitness related challenges, activities, classes, and more throughout the entire month for your chance to get tickets and win prizes! Event participants receive a ticket for the random prize drawing to be held on Friday, May 30 at 3pm at the Gilruth Center. Participants can earn multiple tickets, win additional prizes, and receive free gear for participating in challenge events. Tickets must be placed in boxes located at the Gilruth Center and the B11 and B3 Gift Shop by 2:00pm on Friday, May 30th. See calendar below for a complete listing of all the fun challenges and activities and visit our [website](http://starport.jsc.nasa.gov/) for additional details.

MON	TUES	WED	THURS	FRI
<b>STARPORT</b> NASA EXCHANGE - JSC			1 Wellness Walk B3 - 11am	2
5 mindful Meal Purchase B3 or B11 cafés	6 Wellness Walk B3 - 11am	7 Mini-Fitness Expo B3 café 11am-1:30pm	8 Poker Walk B3 - 11am	9 "Flex" Friday
FREE WEEK OF INNER SPACE YOGA AND PILATES CLASSES				
12 mindful Meal Purchase B3 or B11 cafés	13 Wellness Walk B3 - 11am	14 Fitness Challenge Gilruth Center 11am-1pm	15 Wellness Walk B3 - 11am	16 B.T.W.D. National Bike to Work Day
INDOOR TRIATHLON				
19 mindful Meal Purchase B3 or B11 cafés	20 Wellness Walk B3 - 11am	21 Mini-Fitness Expo B11 café 11am-1:30pm	22 Wellness Walk B3 - 11am	23 "Flex" Friday
NASA MOVES - Count Your Steps Challenge				
26 Memorial Day	27 Wellness Walk B3 - 11am	28 NASA MOVES Count Your Steps!	29 Prediction 5K Gilruth - 7am	30 3pm - Grand Prize Drawing
NASA MOVES - Count Your Steps Challenge				

### Earn tickets throughout the entire month!

#### Receive one ticket for:

- Biking to work
- Attending any Starport group exercise or Inner Space class
- One ticket per week if enrolled in Boot Camp, Ballroom Dancing, or League Sports
- Attending personal training session

### Random Drawing Prize Packages:

#### Package #1

- \$100 Gift Card to Academy
- 6-Month Inner Space Membership
- Health and Fitness Month Shirt

#### Package #2

- \$100 Gift Card to Academy
- Polar FT 4F Heart Rate Monitor
- Health and Fitness Month Shirt

#### Package #3

- \$100 Gift Card to Academy
- 60 Minute Massage
- 2 Personal Training Sessions
- Health and Fitness Month Shirt

# SUMMER camp 2014



**June 9-August 22**  
In Weekly Sessions

**Monday—Friday**

**7:30am-5:30pm**

**\$140/Week**

**Ages 6-12**

### What's going on in our Cafés and Gift Shops:

#### First Tuesday

10% Discount to Partner Companies in Gift Shops  
May 6

#### JSC Federal Credit Union—B3

May 7 - 11am-1:30pm

#### Astronaut Don Thomas Book Signing

B3 Collaboration Center  
May 8